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St. Patrick's Festival Celebrations Launched

Pictured at the launch of the St. Patrick's Festival in Newry are, from left: Aibhin Frizell, Banqueting Manager at Bellinis, a sponsor of the Festival; Jack Murphy Chairman of NCCM; Noel Pepper aka St. Patrick; Mayor Michael Ruane and Jason Cahoon, Entertainments Manager at Bellinis.

SEE PAGES 17-20

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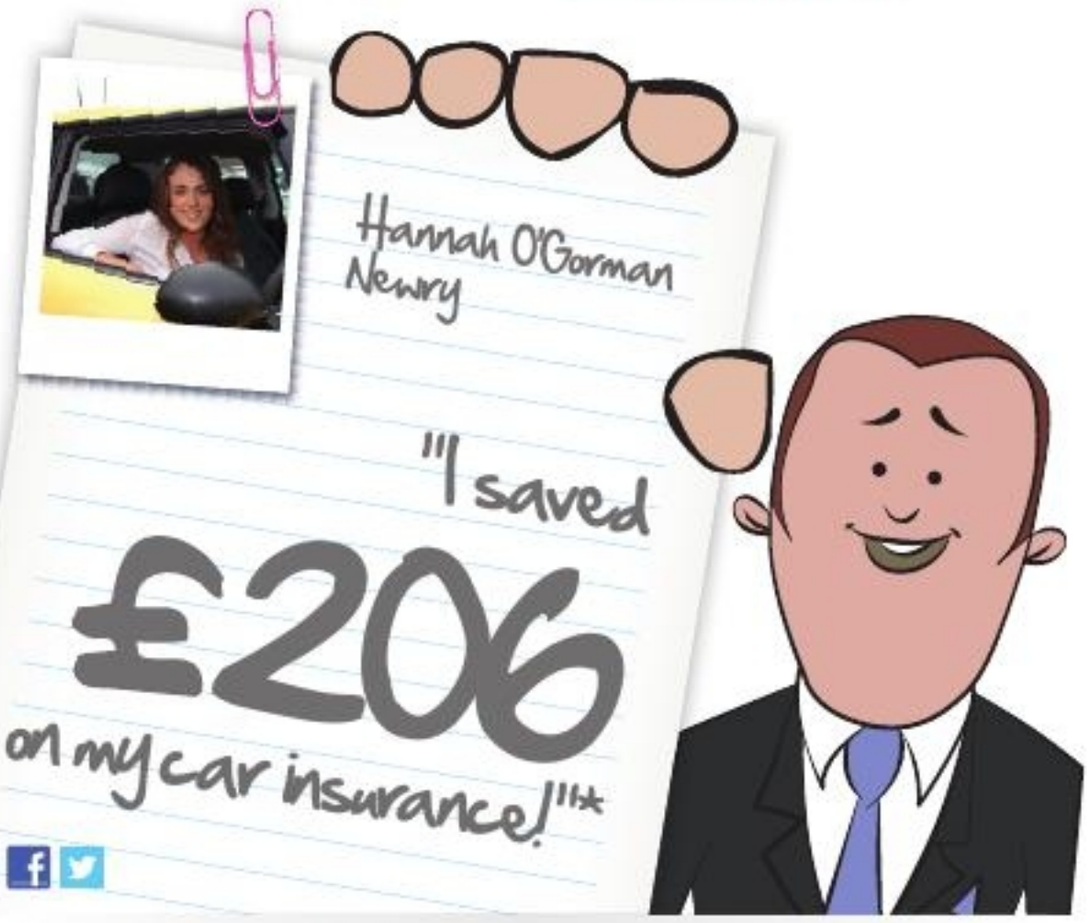

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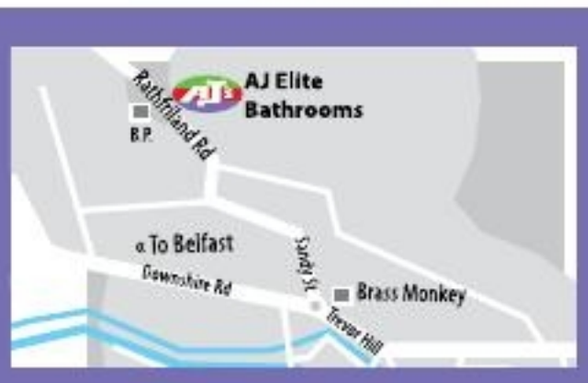

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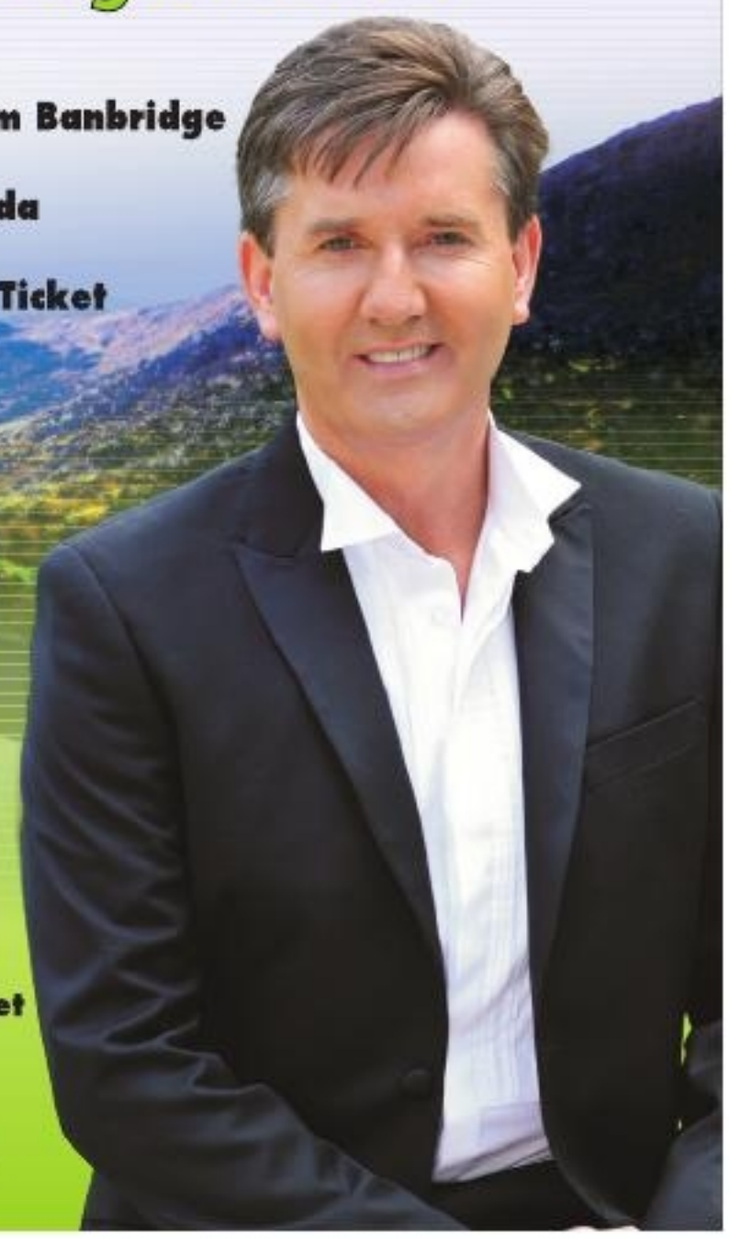

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Laser hair removal is the most effective method of hair removal. Thereafter you'll enjoy a smooth, hair-free body, no more stubble, in grown hairs or unsightly shaving rashes. In fact, your beauty regime will never be the same again.

Treatment

At Therapie Clinic, the first step is a free consultation and patch test to ensure you are compatible to laser. A minimum of six treatments is generally recommended depending on the area to be treated. Most clients book in for one area but invariably upgrade and come back for more... effectively throwing away the razor! Therapie offers a price match guarantee which means that clients are aware they are getting the best possible treatment at the best possible price. Prices start from only £29 per treatment with up to 80% off now.

Celebrity Fans

Keeping up with the Kardashians star, Kim Kardashian is a fan of Laser Hair Removal. "I am Armenian, so of course I am obsessed with laser hair removal. Arms, bikini, legs, underarms, my entire body is hairless!", said Kim. Victoria Beckham is another fan of Laser Hair Removal.

Did you know that now is the perfect time to start your laser hair removal, our tans have begun to fade and our skin is at its palest.

To avail of the March special offer, book now. Clinics are located throughout Northern Ireland, with one in L/Derry, Newry, and two in Belfast. Call now to arrange your FREE consultation and patch test at Therapie Clinic, phone 08000 121 565 or visit www.therapieclinic.co.uk.

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I have been an advisor to parents on savings for more than 40 years. In the early days, parents saved for First Communion, Confirmation or school expenses. Then in the '80s and '90s it was University Fee Plans, which proved very wise when the Government introduced fees around 2000.

University fees are now a major lifetime liability and should be planned for long in advance.

Parents and Grandparents can set up investment plans to save for these inevitable and expensive events in their children's and grandchildren's lives.

The secret is - START EARLY!

"Having researched and set up many of these saving plans over 40 years, I am happy to share my experience and help anyone wanting to provide for their children's or grandchildren's future."

These savings/investments can also be an alternative, tax efficient way to "top up" your pension, now that it is likely that people in their 30s will have to work until 70 before receiving a state pension. Alternatively you may simply want to put away some money for a rainy day.

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The winner of the ever popular Junior Winter League will soon be announced. Over the Winter months these young golfers have been competing against each other on the 9 Hole Par 3 Course at Kellys Golf Centre every Saturday, come rain, hail or snow. As we go to Press, the current leader is Rian Carvill, but there was still plenty to play for before deciding who will enter their prestigious Wall of Fame at Kellys Golf Centre. The 2014 Junior Summer League will soon be starting so contact the Centre for confirmation of dates and to book your child's place.

Kellys Golf Centre is certainly growing in popularity and on 22nd February they hosted an Irish Ladies Golf Union taster session for girls under 12 years of age. This proved to be a very successful event for Kellys Golf Centre. The girls were coached by PGA resident Dougie Bell who remarked, "it could not have gone any better."

There are a number of competitions in the pipeline this year at Kellys Golf Centre and lots of incentives currently on offer. Every Thursday night there is unlimited balls in the Driving Range for only £8. On Fridays you can get a free hot drink if you hit 60 balls in the range or play a round on the 9 Hole Par 3 Course. There are also closest to the pin competitions which costs only £1 for 3 attempts, with the winner receiving 100 free balls for the driving range.

Saturday 15/02/14: The top 5 on the Junior Winter League leader board prepare to do battle at Kellys Golf Centre. Back row L-R Jack Howlett, Conor Murphy, Rian Carvill (leader). Front row L-R Matthew Lynch and Daire Carvill.

In order to keep up to date with all that is going on at Kellys Golf Centre, why not like and share them on Facebook and Twitter and be in with a chance of winning a free one hour lesson with their resident PGA Professional Dougie Bell and 100 free balls for the Driving Range.

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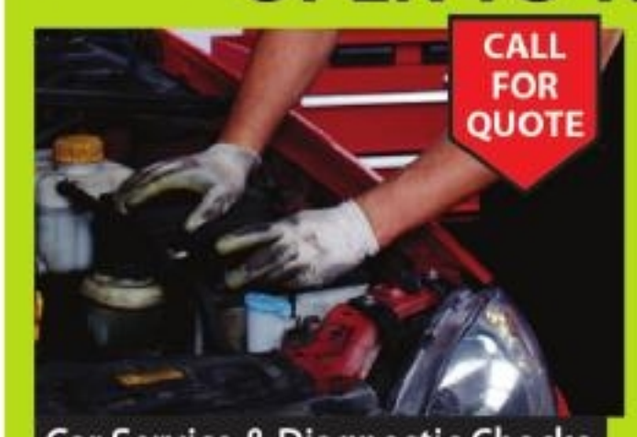

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TV Presenter Pamela Ballantine undergoes life-changing eye treatment

In my line of work, I am so reliant upon my vision, my reading and ultimately my eyes. So needless to say, they are very important to me. My biggest problem was my reading vision really wasn't great and neither was my distance vision but I had coped by using my contact lenses.

I had considered Laser Eye Treatment for some time, but had never got around to it. However a friend of mine recommended Optilase, facing the City Hall in Belfast, and suggested I should go for a Consultation.

When I heard that the Kamra treatment was exclusive to Optilase in NI and Optilase were the number one provider in Europe and 2nd in the world in terms of completed treatments, I was greatly reassured and this made my decision to visit an easy one.

After speaking to Optilase and answering some simple questions, I had booked my Consultation. First step taken then!!

My initial Consultation was around an hour long. So I went along to the Flagship Clinic and Surgery Centre, opposite Belfast's City Hall. The Clinic was like being at a 5 Star hotel! The staff were absolutely tremendous and I was immediately completely at ease. Bring it on, I thought!

So, after a coffee, (which might I add, was excellent), I filled out a simple form, and met my Optometrist who would be looking after me for the next hour. He was very reassuring and answered some of my very silly questions. I was completely put at ease. He explained how the Consultation would proceed and took me for some scans and pictures of my eye. I confessed to doing some homework on the technology that Optilase use and felt very informed and completely reassured throughout the process.

A big thing for me also was the reassurance of the Optilase Lifetime Care Guarantee – basically Optilase look after and treat my vision for the rest of my days, even if I needed to be re-treated further down the line, at no extra cost!

After the scans and eye test, it was time for the big result – and I was absolutely delighted to hear that I was suitable for Treatment. Hurrah!! By now I really wanted it done and I was shown the potential about how good my vision could be afterwards. I really wanted complete freedom from those cumbersome glasses.

So two weeks later the big day came – and I approached

The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous

this with some confidence, however I must admit that the day before surgery I was a bit nervous. The morning of surgery I was still a bit anxious but I needn't have been.

I then met with the Surgeon (for which there is also no fee) Medical Director Dr. Wayne Crewe-Brown. He has performed more than 40,000 of these treatments and he talked me through my different treatment options. I spent over half an hour with Dr Crewe –Brown and felt completely reassured at the end of my Pre-Op. I opted for the KAMRA Treatment, with laser – exactly as the Surgeon had described and recommended to me. This would give me my near and distance vision and would do away with glasses altogether!

The actual surgery itself was over within minutes and I quickly realised there was no reason for me to have been nervous. The Surgeon was fantastic and talked me through each part of the procedure - the Nursing and Care team were second to none. There was no pain whatsoever during surgery - a question I have been asked by almost everyone I have met since the surgery, as there are so many myths out there about laser eye treatments.

After surgery my eyes were tender initially, a sensation I compared to the experience you have after cutting raw onions. My eyes were watering all the way home and I had to wear black sunglasses to protect them, although the staff did advise me that I would be light sensitive straight away as my 'new eyes' got used to light again.

Following the advice from the team at Optilase I went home and relaxed - when I woke in the morning life had taken on a whole new perspective. Being able to see so clearly without glasses was the strangest feeling ever, absolutely fantastic and I was more than a bit emotional – I don't mind admitting. My near vision settled and dramatically improved after the next few days.

Just out of habit I even reached for my glasses (trust me; it takes a while before you will break that habit). If I had some advice for anyone out there who wears specs, get it done – and get it done now! If only I had it done years ago.....

My advice? Find out if you can have it done – if you are suitable, find a way to have treatment – it will change your life.....I'm glad I did!!

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THE QUAYS NEWRY

NEWRY DRAMA FESTIVAL - MARCH 20th - 29th 2014

NIGHTLY at 8.00pm ~ SEASON & NIGHTLY TICKETS

SEE THE FESTIVAL POSTER & FLYER for PRICES & BOOKINGS

Thursday 20th	'THE DINING ROOM' Bart Players, Belfast	A comedy of manners set in a single dining room where scenes from different households overlap and intertwine *By A.R. Gurney*
Friday 21st	'BLOOD RELATIONS' Insight Theatre Co., Celbridge	An American murder mystery about the life of Lizzie Borden and the murders of her father and step-mother *By Sharon Pollock*
Saturday 22nd	'THE STEWARD OF CHRISTENDOM' Moat Club, Naas	Thomas Dunne relives parts of his career as an officer in the Dublin Metropolitan Police during the 1910s and 1920s *By Sebastian Barry*
Sunday 23rd	'CHRONICLES OF LONG KESH' Letterkenny Music & Drama Club	The hilarious and shocking story of Northern Ireland's infamous prison - full of Motown songs and wild humour *By Martin Lynch*
Monday 24th	'THE MAN WHO CAME TO DINNER' Rosemary Drama Group, Belfast	A comedy that deals with the tumultuous confusion caused by Sheridan Whiteside's broken hip *By M. Hart & G. Kaufman*
Tuesday 25th	'FRANKENSTEIN' Newpoint Players, Newry	Mary Shelley's famous story about a scientist who created life and was horrified by what he had made *By Sean Treanor*
Wednesday 26th	'THE WINSLOW BOY' Dundalk Theatre Workshop	A drama based on a real life incident in the Edwardian era concerning the theft of a postal order *By Terence Rattigan*
Thursday 27th	'BEDROOM FARCE' Holywood Players	This comedy compares the differences between couples young and old and the troubles they encounter *By Alan Ayckbourn*
Friday 28th	'BOEING BOEING' Prosperous Dramatic Society, Kildare	A classic farce about a swinging bacherlor's affairs with three gorgeous stewardesses - all engaged to him at the same time *By Marc Camoletti*
Saturday 29th	'PLAY ON!' The Clarence Players, Belfast	A comedy about a theatre group's play where everything that can go wrong does - with hilarious results *By Rick Abbot*

Season Tickets £40, Students £15, Nightly £8/£7 (Con.). Season Ticket Booking: Sean Hollywood Arts Centre, Saturday 15th March 9.30am - 12.30pm
Nightly/Season Tickets: Booking, The Quays Newry Wednesday 15th March 9.30am - 12.30pm and at the Box Office at 7.15pm nightly

Nightly Sponsors:

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- Newry & Mourne District Council

Madcap Comedy comes to Newry Drama Festival

Mark Irvine has received good news, but what are Brian Haslett, Stephanie Leeman, Alan Kennedy and Siobhan McQuaid thinking of in "The Man who Came to Dinner".

The members of North Belfast's largest and most active theatre group, Rosemary Drama Group, are in full swing, rehearsing their new madcap comedy, "The Man Who Came to Dinner" by Moss Hart and George S. Kaufman, the scriptwriters for many of the Marx Brothers films. Rosemary, who won Newry Drama Festival in 2012 with their hilarious production of "When We Are Married", are returning to Newry on Monday 24th March with "The Man Who Came to Dinner," by Hart & Haufman.

Set in Mesalia, Ohio in 1938, the play tells the story of Sheridan Whiteside, a famous broadcaster, journalist, critic and wit, who has broken his hip and is forced to recuperate at the suburban home of businessman Ernest Stanley. However, he then proceeds to disrupt the lives of the whole Stanley family, by taking over their house and inviting his eccentric friends to visit. What strange presents they bring to their sick friend . . . penguins, cockroaches, convicts, a mummy case . . . Would you believe it?

Well, come along to Newry Town Hall and see for yourself. A hilarious evenign is promised to our family audiences, as they watch the wonderful antics of the Hollywood actresses, the Noel Coward look-alike, the mad professor and the even madder comedian, a role originally written for Harpo Marx and played on film by Jimmy Durante.

Rosemary's Play is only one of six comedies being presented at this year's Festival which promises to be a "Festival of Fun".

Newry Drama Festival runs from Thurs. 20th March to Sat. 29th March 2014, (note a Ten-Night Festival this year) in Newry Town Hall. Nightly tickets can be booked at Newry Town Hall, each evening at 7.15pm.

For further information contact Maureen Grant 077 6485 9631. Email: maureen.grant11@btinternet.com

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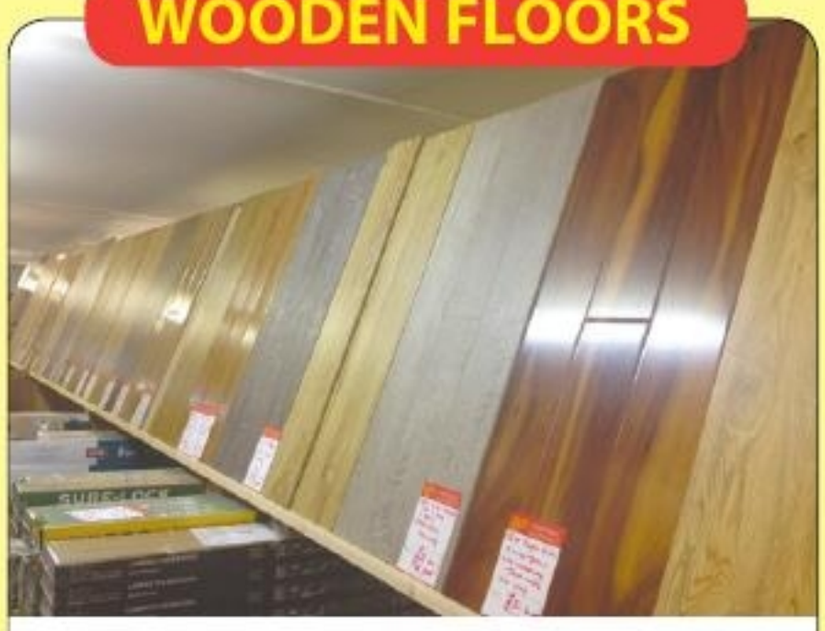

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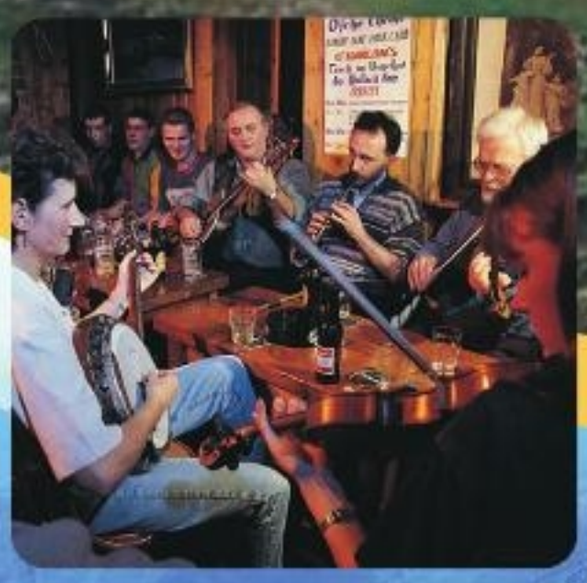

EVENTS HAPPENING IN 2014

Many festivals and events take place throughout the year reflecting the many cultural activities that Newry & Mourne has to offer. A full listing of all events can be obtained from Newry Visitor Information Centre.

5th & 8th March	Lislea Drama Festival
17th March	St Patrick's Day Festival
20th - 29th March	Newry Drama Festival
21st - 26th May	Blues on the Bay Festival
25th May	Newry City Marathon
7th June	Mourne Way Marathon
7th June	Crooked Lake Triathlon
21st June	Kilbroney Vintage Car Show
29th June	Newry Agricultural Show

For further information please contact:

Newry Visitor Information Centre
Bagenal's Castle, Castle Street,
Newry BT34 2BY

Tel: 028 3031 3170
Email: newryvic@newryandmourne.gov.uk

www.visitnewryandmourne.com
www.facebook.com/newryandmournetourism

'Ag Ceiliúradh Muintearais sa Phobal' 'Celebrating Belonging in the Community'

Let Newry City entertain you at this year's St. Patrick's Day celebrations Come along "Say Hello Newry" and enjoy a free family fun day out

HELLO NEWRY
Cathedral & Creamery Quarters

The 2014 St. Patrick's Day Bank Holiday weekend promises to be one of the best ever with a host of events taking place across Newry City.

This year's festival has been jointly organised by Newry & Mourne District Council and Newry City Centre Management. The emphasis for this year's celebrations is "Celebrating Belonging in the Community" which takes place on Monday 17th March 2014.

The fun will commence with the St. Patrick's Day parade, which will commence at 12:00noon at the Quays Shopping & Leisure Centre travelling to Buttercrane Quay, Merchants Quay, Sugar Island, Kildare Street and returning to the Quays Shopping & Leisure Centre. The spectacular street parade is the focal part of the day's celebrations and promises to have a true carnival atmosphere and a showcase event with something for everyone. The parade with be led by Mayor Michael Ruane accompanied by an array of amazing parade entertainment from a cavalcade of floats, walking participants, marching bands, stilt-walkers, balloon modelling, mix and mingle of street theatre, juggling, and uni-cycling with abundance of cartoon characters.

The entertainment will continue to the main Events Space in the heart of the Cathedral Quarter in Hill Street. Downtown Radio's "Big T" will ensure that all visitors on the day will leave their sides sore with laughter as he introduces various well known acts during the day.

Street entertainment in the events space, Cathedral Quarter includes an open air concert: Taking to the stage is Newry's very own Community Band, the ever so popular Luv Bug and The Professionals, Garth Brooks tribute band and headlining the main stage is Ireland's number one performer Declan Nerney and his band. The traditional Street Céili with Raymond Carroll Fear a'Ti will be performed in Margaret Square, which is an integral part of the celebrations.

The Sean Hollywood Arts Centre will be a hive of activity providing traditional music and children's

entertainment with includes Ireland's famous magician Sean Brannigan and face painting with food being served all day in Courtney's Restaurant.

As part of Seachtain na Gaeilge 2014, taking place 1st - 17th March 2014, Newry & Mourne District Council's Irish Language Unit is providing four events for Local Irish Language community and other Irish speakers. Lectures will be in Irish will simultaneous translation provided for those without Irish. Dr. Art Hughes, University of Ulster will give a lecture on James Joyce and the Irish Language. The Mournes, Cooley and Gullion Geotourism people will give a lecture on their project. There will be two other events that have yet to be confirmed. Rith 2014, celebrating the Irish Language and culture will come through the district on Friday March 14th. Elected members and staff will participate in this relay race. We ask the local Irish language community, schools, community, sporting and business organisations to participate on the day. More information is available by contacting Irish Language Unit on T: 028 3031 3258.

As part of our St. Patrick's Day Celebrations on behalf of Revered Canon Francis Brown and Reverend Kingsley Sutton the community is invited to attend 'Interdenominational Ecumenical Service' on Wednesday 12th March at 11:30am in St. Mary's Church - John Mitchel Place.

Cullen's Funfair will be located St. Christopher's Park - see press for details.

There will be a welcome return of street trading and charity stalls to Hill Street selling all sorts of weird and wonderful goods.

CHILDREN'S FREE ENTERTAINMENT

The streets of Newry City will undoubtedly be full of excited children at this year's celebrations. The Fun House team will be in attendance with a 20ft Laser Tag Arena, Fun House Bouncy Castle and outdoor games, East Coast Adventure team will be erecting their mobile climbing frame, face painting, famous cartoon characters and balloon modelling.

With the abundance of cafes, bars, restaurants, businesses up and down the Cathedral & Creamery quarters will be in full swing providing fine food and evening entertainment, so you can relax, have a beverage or enjoy a meal and soak up the St. Patrick's weekend atmosphere.

Make sure to come and say Hello Newry - you won't be disappointed.

To find out more information about forthcoming events /promotions in Newry City please visit: www.newry.com or checkout the Cathedral Quarter and Creamery Quarter Facebook pages or say hello on Twitter: @Hello_Newry

HOW TO GET INVOLVED IN THIS YEAR'S ST. PATRICK'S DAY CELEBRATIONS:

PLEASE CONTACT:

Newry City Centre Management
Tel: 028 3025 0303
Email: donna@newry.com

Newry & Mourne District Council
Tel: 028 3031 3287
Email: rita.lewis@newryandmourne.gov.uk

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Lá Fhéile Pádraig
St. Patrick's Festival

Cathair an Iúir – Newry City
Monday 17th March 2014

Ag Ceiliúradh Muintearais sa Phobal
Celebrating Belonging in the Community

HELLO NEWRY
Cathedral & Creamery Quarters

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people first — for a better night out in Newry City

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On Saturday 15th all pints £2.50 before 10pm as part of Ireland's RBS Six Nations decider day. As well as Mad March Promotions • Free entry to disco/live lounge for all of March • 2 for 1 cocktails for all of March • Feed the family (2 adult main & 2 kids meals for £20) every day for all of March.

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HELLO NEWRY
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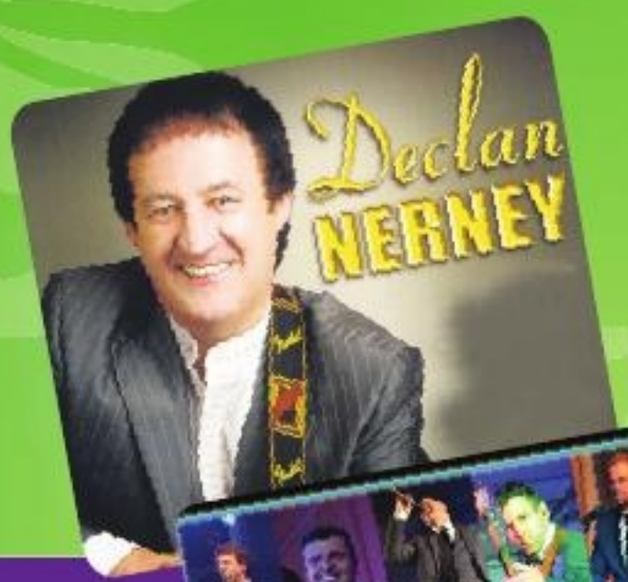
NEWRY CITY CENTRE MANAGEMENT

Lá Fhéile Pádraig
St. Patrick's Festival



Cathair an Iúir ~ Newry City

Ag Ceiliúradh Muintearais sa Phobal
Celebrating Belonging in the Community

Luan 17 Márta
Monday 17th March 2014

Bealach an Mhórshiúil ~ Parade Route

12.00noon: Parade departs from the Quays Shopping & Leisure Centre (Albert Basin) to Buttercrane Quay, Merchants Quay, Sugar Island, Kildare Street, returning to the Quays Shopping & Leisure Centre.

Siamsaíocht Sráide, Spás Imeachtaí, Sráid Hill ~ Street Entertainment, Events Space, Hill Street

Compere ~ 'BIG T' - Downtown Radio / Newry Community Band
Official Address by Mayor Michael Ruane & Church Leaders
Luv Bug / The Professionals / Garth Brooks Tribute Act / Declan Nerney & His Band
Traditional Street Céilí with Raymond Carroll Fear a'Ti

Sean Hollywood Arts Centre (Bank Parade)

The Sean Hollywood Arts Centre will be a hive of activity providing traditional music and children's entertainment which includes Ireland's famous magician Sean Brannigan and face painting with food being served all day in Courtney's Restaurant.

STREET TRADING & CHARITY STALLS

There will be a welcome return of street trading and charity stalls to Hill Street selling all sorts of weird and wonderful goods.

CHILDREN'S FREE ENTERTAINMENT

The Fun House team will be in attendance with a 20ft Laser Tag Arena, Fun House Bouncy Castle and outdoor games, East Coast Adventure team will be erecting their mobile climbing frame, face painting, famous cartoon characters and balloon modelling.

CULLEN'S FUN FAIR

13th March - 17th March
www.cullensfunfair.com
(St. Christopher's Park, Newry) See press for details.

Ceiliúradh Teanga agus Cultúir
A celebration of Language and Culture

Thursday 6 March 2014 at 11.00 am
Bunscoil na mBeann, Kilkeel
Tales of India - Bilingual Story-Telling

Thursday 6 March 2014 at 7.30 pm
Gaeláras Mhic Ardghail, Upper Chapel Street, Newry
Lecture in Irish with Simultaneous Translation by the Mourne Cooley Gullion Team

Thursday 13 March 2014 at 7.30 pm
Newry & Mourne District Council Offices, Boardroom, Monaghan Row
Celebration of the Irish Language

Thursday 13 March 2014 at 7.30 pm
Gaeláras Mhic Ardghail, Chapel Street, Newry
Lecture in Irish with simultaneous translation:
'James Joyce's Influence on Séamus Ó Grianna' by Dr Art Hughes

Friday 14 March 2014 at 11.00am
Raidió na Gaeltachta's 'Barrscéalta' broadcasting live from Newry

Friday 14 March 2014 at 11.00am
Camlough, Newry, Warrenpoint, Rostrevor, Hilltown
Rith 2014 - All Ireland relay race celebrating the Irish Language and Culture

For further details on these events please contact:
The Irish Language Unit on T: 028 3031 3258

AG TACÚ LE TEAGHLAIGH – SAOR Ó ALCÓL . FAMILY FRIENDLY EVENT – ALCOHOL FREE ZONE

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purple flag for a better night out in Newry City

COMHAIRLE AN IÚIR AGUS MHURN
NEWRY AND MOURNE DISTRICT COUNCIL

Interdenominational Ecumenical Service

Wednesday 12th March 2014
St. Mary's Church

The Mayor of Newry & Mourne District Council in association with the very Reverend Canon Francis Brown and Reverend Kingsley Sutton, extend an invitation to attend and take part in a special service to celebrate the life of St. Patrick.

An Interdenominational Ecumenical Service

Wednesday 12th March 2014
11.30am ~ 12.30pm
St. Mary's Church, John Mitchel Place, Newry

RSVP: Kate Bingham, Newry & Mourne District Council
Tel: 028 3031 3065 / Email: kate.bingham@newryandmourne.gov.uk

Monday 17th March

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NEWRY & MOURNE MUSEUM EVENTS THIS ST. PATRICK'S WEEKEND - *Everyone Welcome*

Thursday 13th March at 7:00pm - £3
'Saint Patrick - Historical Man and Popular Myth,' Lecture by Dr Elva Johnston, University College of Dublin

Sunday 16th March at 2:00pm - £3
The Carroll School of Harp will present 'Sonas in Concert', an afternoon of music

Monday 17th March at 10:00am - £1.50
Jumping Clay Warrenpoint Arts & Crafts Workshop - 'Making your own Lucky Leprechaun'
Children must be accompanied by an adult at all times. Booking advised, places limited to 20 children.

For more information on Newry & Mourne Museum events please contact **T: 028 3031 3178**
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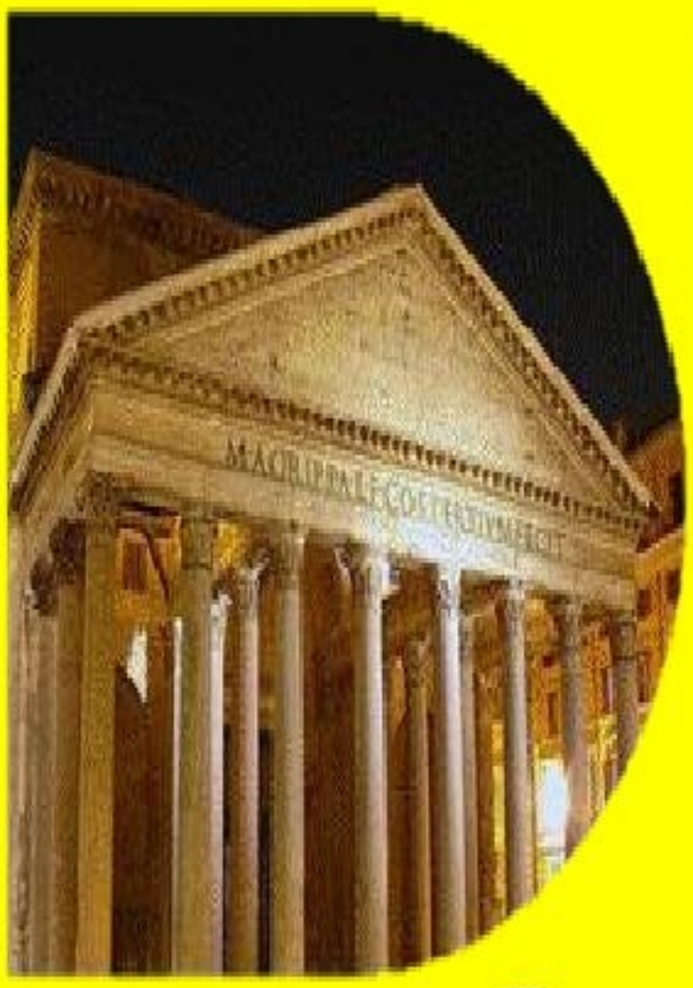

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Managing Anger

Anger is an emotion designed to help us defend ourselves and our property; an ancient survival mechanism used by our forefathers to fight off physical danger. Nowadays, the majority of anger outbursts occur, not due to any real threat, but because our sense of identity is criticised, or because we don't get what we expect from others. Such outbursts are like an over sensitive smoke-alarm firing off unnecessarily, creating chaos and fear in the home, workplace, schools, etc.

Our anger destroys relationships. We may apologise after an outburst, but with each outburst we lose a part of the person and a level of trust is gone. The child, partner or work colleague may "walk on eggshells" attempting to avoid further outbursts. But, often to no avail. The culprit will explode repeatedly. The recipient is not to blame. The problem happens because of "trigger factors" in the culprit's brain. These result in a surge of anger, in spite of little or no provocation. Psychotherapists and counsellors can help those who have explosive anger allowing them to deal with these "triggers" and stay calm no matter what.

Anger is produced by a primitive part of our brain, which we share with reptiles. When "triggered", it prepares

Paul Grant

the body to fight the danger. The red-faced, menacing individual is literally in-for-the-kill. Access to their cognitive (thinking) brain stops and the angry person is no more logical than a reptile. They are literally stupid, and should be avoided until they calm down.

Most people want to control their anger. Most, but not all, feel guilty after the outburst and want to stop. Indeed they may promise to stop, but "lose it" again and again. Modern brain science shows that when "triggered", the brain produces anger in 1/50 of a second. The person has no control over the anger in that timescale. No, the anger has taken control. That is why it is so hard to break the habit. New skills must be learned and practiced. Some people practice smugness and say they don't get angry, they are wrong! We all do. It may manifest not as an outburst but as, sulking, sarcasm or malicious gossip. All equally destructive! Have a look.

Psychotherapists and counsellors have the basic tools to control anger for those who want to stop being angry. These include; Breathing - Making the out-breaths 1/3 longer than the in-breath quietens the anger; Exercise - 30 minutes 5 times per week, improves our mood and our logic. ABC Model, become Aware of the anger, Block and Challenge the angry thoughts.

If you get angry too quickly and too often consider making an appointment with Paul Grant who is a psychotherapist and counsellor. Paul runs a private therapy practice from The Newry Clinic, Windsor Hill, off the Belfast Road. Paul works daily with patients who are depressed, anxious, stressed, addicted, angry, suicidal, experiencing relationship difficulties, have phobias or panic attacks. To make an appointment or talk with Paul, call 077 3973 1424 or 028 3044 1668.

For more information see www.paulgranthgtherapy.com

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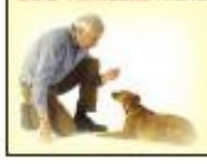

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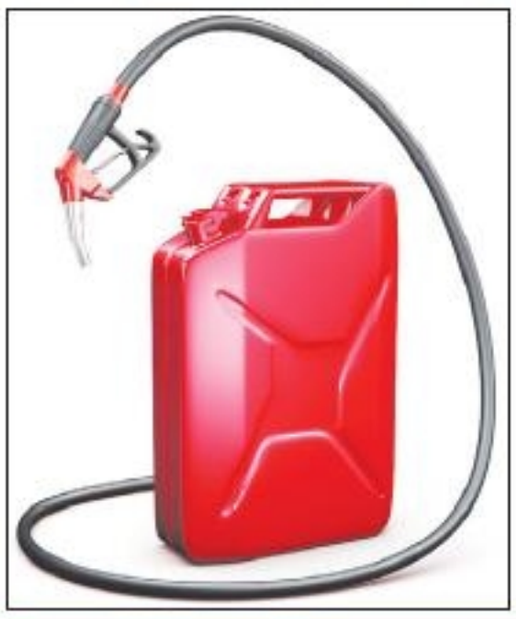

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The official fuel consumption figures in mpg (l/100km) for the Renault range are: Urban 27.2 (10.4)–n/a (n/a); Extra Urban 45.6 (6.2)–n/a (n/a); Combined 36.7 (7.7)–n/a (n/a). The official CO_2 emissions for the range are 178–0g/km. According to EU Directive and Regulation 692/2008 test environment figures. Fuel consumption and CO_2 may vary according to driving styles, road conditions and other factors.

4+ Terms and exclusions apply. New 4+ package applicable to new retail cars. Warranty 4 years/100,000 miles and routine servicing 4 years/48,000 miles (whichever comes first); servicing package available to Renault Selections and lease finance customers only, alternatively can be purchased for just £299 (price shown valid when purchased by 31 July 2014). Visit renault.co.uk/4plus for full details. Finance provided by RCI Financial Services Limited, PO Box 149, Watford WD17 1FJ. For finance, conditions apply. Guarantees and indemnities may be required. You must be at least 18 and a UK resident (excluding the Isle of Man and Channel Islands) to apply for finance. †£1500 comprises £500 discount offer and £1000 deposit contribution offer. £500 discount offer is available to private and small business customers on new Renault cars (with the exception of Twizy Z.E.) and is paid directly to the customer by the dealer. Payment can also take the form of a contribution towards a cash purchase or finance. £1000 deposit contribution is available to new Renault Finance customers when taking Renault Finance on a new Renault Clio, Captur or ZOE (excluding Clio Expression and Renaultsport, and ZOE Expression). Visit www.renault.co.uk/offers for details. Rental stated is for Renault Lease. If you choose Renault Lease then you will not own the car. When you have paid the final rental at the end of the contract, you can keep using the car and pay an annual rental equivalent to one monthly rental. Typical example: New Renault ZOE Dynamique Intens, advance rental £1720 inc VAT (after £1000 deposit contribution) followed by 48 monthly rentals of £189 inc VAT, final rental £6005 inc VAT. This includes the UK government's plug-in car grant (PICG), but excludes mandatory battery hire (£70 per month based on 36 months, 7500 miles per annum). A finance facility fee of £149 is payable with the advance rental. Offers cannot be used in conjunction with other schemes or finance offers and are available on new cars shown when ordered by 24 March and registered by 31 March 2014. Please check with your local dealer for details. Cars shown may have optional metallic paint, available at an additional £495 (or £595 for l.d. paint), plus £300 for painted roof on Captur.

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MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions. On the road price quoted includes delivery to dealership, number plates, 12 months' Government Vehicle Excise Duty and £55 Government First Registration Fee.

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The official fuel consumption in mpg (l/100km) and CO_2 emissions (g/km) for the 308 range are: Urban 35.7 – 67.3 (7.9 – 4.2), Extra Urban 61.4 – 85.6 (4.6 – 3.3), Combined 48.7 – 78.5 (5.8 – 3.6) and CO_2 134 – 95. MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions.
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Models Shown: Civic 1.6 i-DTEC SR Manual in Milano Red Non-Metallic at £24,360 On The Road, CR-V 1.6 i-DTEC SE Manual in optional Passion Red Pearl at £25,160 On The Road, Civic Tourer 1.6 i-DTEC SE Plus Manual in Milano Red Non-Metallic at £22,960 On The Road. Terms and Conditions: New retail Civic 1.6 i-DTEC SR Manual, CR-V 1.6 i-DTEC SE Manual and Civic Tourer 1.6 i-DTEC SE Plus Manual registered from 2 January 2014 to 31 March 2014. Subject to model and colour availability. Offers applicable at participating dealers and are at the promoter's absolute discretion. The 5 Year Care Package includes: Servicing: All scheduled servicing, as detailed in the vehicles service book, will be covered for 5 years or 62,500 miles, whichever comes first. Warranty: In addition to the standard 3 year warranty the customer will receive a complimentary 2 year extended guarantee taking the warranty to 5 years or 90,000 miles, whichever comes first. Roadside Assist: In addition to the standard 3 years roadside assistance package the customer will receive complimentary Hondacare Assistance for a further 2 years, taking it to 5 years or 90,000 miles, whichever comes first. The 5 Year Care Package: The 5 Year Care Package is optional. It is being offered for £500 including VAT (usual value £1,845 including VAT) and is available to finance or non-finance customers. Please note, should you sell the vehicle during the period of cover, the package remains with the vehicle.

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